

A-CYCLE WOMEN'S REGULAR MENU ANALYSIS

TABLE 1

A-1	CALORIES	PRO	CHO	FAT	CALCIUM	SODIUM	FIBER	SAT FAT	CHOL
MONDAY	2500	110	380	60	945	4800	35	15	100
TUESDAY	2200	100	320	65	920	3500	30	20	700
WEDNESDAY	2400	105	360	65	925	3900	40	15	300
THURSDAY	2900	115	390	110	1530	5300	35	25	600
FRIDAY	2100	80	305	65	1900	2800	25	10	200
SATURDAY	2200	75	350	60	875	3400	30	10	100
SUNDAY	3000	90	445	100	1435	4000	30	25	300
AVERAGE	2500	95	360	75	1100	4000	32	17	300

A-2	CALORIES	PRO	CHO	FAT	CALCIUM	SODIUM	FIBER	SAT FAT	CHOL
MONDAY	2400	90	385	60	2000	4400	30	13	700
TUESDAY	2700	85	435	65	740	3600	45	14	200
WEDNESDAY	2900	105	460	80	1465	4900	35	16	50
THURSDAY	2300	140	370	35	1205	3800	40	8	200
FRIDAY	2900	95	445	80	1475	3700	35	13	300
SATURDAY	2400	115	360	60	900	4100	25	15	800
SUNDAY	2600	95	355	95	895	3700	25	27	300
AVERAGE	2600	105	400	70	1200	4000	34	15	400

A-3	CALORIES	PRO	CHO	FAT	CALCIUM	SODIUM	FIBER	SAT FAT	CHOL
MONDAY	2100	95	330	45	900	3400	30	9	700
TUESDAY	2900	100	435	80	1200	3500	35	14	300
WEDNESDAY	2100	105	320	45	2100	3100	35	10	200
THURSDAY	3000	120	420	95	1300	4300	40	21	700
FRIDAY	2600	95	480	45	1200	4100	35	6	200
SATURDAY	3000	95	460	100	2500	3700	40	20	200
SUNDAY	2500	80	400	65	2000	3200	35	16	200
AVERAGE	2600	100	405	70	1600	3600	35	14	400

A-4	CALORIES	PRO	CHO	FAT	CALCIUM	SODIUM	FIBER	SAT FAT	CHOL
MONDAY	2900	105	430	95	1200	4100	50	19	800
TUESDAY	2800	90	460	75	2100	2900	30	14	300
WEDNESDAY	1900	90	315	35	900	3300	20	7	100
THURSDAY	2200	75	335	65	800	2900	30	12	200
FRIDAY	2300	90	335	70	1000	2900	20	17	700
SATURDAY	3000	95	460	100	2500	3700	40	20	200
SUNDAY	2700	75	395	95	900	3800	35	15	70
AVERAGE	2500	90	390	75	1300	3400	32	15	300

A-CYCLE WOMEN'S REGULAR MENU ANALYSIS

TABLE 2

NUTRIENTS	MONTHLY AVERAGE	REQUIREMENTS	NEEDS MET Y / N	WITHIN ACCEPTABLE LIMITS (Y/ N)
*CALORIES	2600	1800-2400	Y	
*FAT GRAMS	72	40-95	Y	
% CALORIES	25	20-35%	Y	
**SAT FAT GRAMS	15	< 20	Y	
% CALORIES	5	< 10	Y	
TRANS FAT GRAMS	0.12	< 14	Y	
% CALORIES	.04	< 7	Y	
**CHOL	350	< 300		N
***SODIUM	3800	3000-4000	Y	
****PROTEIN	98	46-56	Y	
****CALCIUM	1300	1000-1200	Y	
****CHO	390	130	Y	
****FIBER	32	21-26	Y	

* MyPyramid Guidelines

** 2005 Dietary Guidelines

*** No Added Salt Sodium Restriction

**** DRI/RDA

CHOLESTEROL

Cholesterol content exceeds the recommended limit of 300mg per day. However saturated fats and trans fats are the nutrients with higher associations with increased heart disease risk, and these two nutrients are within acceptable limits.

Medical staff will provide offenders with an alternative diet or provide diet education if a more restricted cholesterol intake is medically required.

A-CYCLE WOMEN'S REGULAR MENU ANALYSIS

TABLE 3

NUTRIENTS	MONTHLY AVERAGE	DRI / RDA REQUIREMENTS	NEEDS MET Y / N
CALCIUM (mg)	1300	1000-1200	Y
FOLATE (mcg)	700	400	Y
IRON (mg)	25	8-18	Y
NIACIN (mg)	30	14	Y
RIBOFLAVIN (mg)	2.4	1.1	Y
THIAMIN (mg)	2.3	1.1	Y
VITAMIN A (mcg)	1100	700	Y
VITAMIN B6 (mg)	2.4	1.2-1.5	Y
VITAMIN B12 (mcg)	4.9	2.4	Y
VITAMIN C (mg)	105	75	Y
ZINC (mg)	15	8-9	Y
MAGNESIUM (mg)	360	310-360	Y
VITAMIN D (IU)	140	200-600	N

Vitamin D needs may be met with adequate exposure to sunlight. May want to consider providing more foods fortified with vitamin D during winter months because of decrease exposure to sunlight.

Geriatric offenders and offenders with limited access to sunlight may need increased servings of foods fortified with vitamin D or need to supplement their intake with multivitamins.

A-1 Monday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.26	4.3	2.46	1.72	0	8.25	3.59	0	0	0	5.42	18.35

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2477.42	106.84	380.50	60.45	12.57	110.04	4757.70	35.71

CPF Ratio: 61-17-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

MILK

1 serving (0.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

OATMEAL

1 servings (238.4g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

COFFEE

1 serving (226.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	1.72	0	0	1.24	0	0	0	0	5.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
840.89	27.72	153.71	13.48	4.10	35.28	802.58	6.31

CPF Ratio: 73-13-14

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

PINTO BEAN SOUP

1 serving (149.3g)

Beets

1.5 servings (184.5g)

LETTUCE LEAF

3 servings (7.8g)

TOMATO (SLICED)

3 servings (81.0g)

PEACHES

1 serving (113.4g)

WHEAT BREAD

1 servings (50.0g)

FLAVORED DRINK

1 serving (240.0g)

TUNA SALAD

.67 serving (151.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.82	4.3	0	0	0	5.15	0.91	0	0	0	3.92	6.27

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber
964.31	49.53	123.34	30.33	4.93	18.57	2868.99	18.59

CPF Ratio: 51-21-28

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

TURKEY & GRAVY

1 serving (105.9g)

MASHED POTATOES

1 servings (168.9g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

APPLESAUCE

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.52	0	2.46	0	0	3.1	1.44	0	0	0	1.5	6.9

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
672.23	29.59	103.45	16.64	3.54	56.18	1086.13	10.80

CPF Ratio: 61-17-22

A-1 Tuesday Regular Women's Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.12	0.4	3.8	2.69	0	5.33	3.29	0	0	0	3.17	18.03

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2236.98	98.07	321.13	66.40	18.39	711.91	3532.01	29.62

CPF Ratio: 56-17-26

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

PINEAPPLE CHUNKS

1 serving (113.4g)

FARINA

1 servings (230.4g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

MILK

1 serving (0.0g)

COFFEE

1 serving (226.8g)

SCRAMBLED EGGS

.67 serving (136.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.54	0	0	2.69	0	0	0.98	0	0	0	1.09	5.39

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
888.78	31.82	141.63	21.77	5.86	590.80	668.12	4.00

CPF Ratio: 64-14-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

SLOPPY JOE

.67 serving (186.2g)

BUN (HOT DOG/HAMBURGER)

1 servings (56.7g)

TOSSED SALAD

1 serving (87.3g)

ITALIAN DRESSING

1 serving (23.5g)

FLAVORED DRINK

1 serving (240.0g)

DIET PEARS

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.65	0	3.8	0	0	1.39	0.91	0	0	0	1.52	6.16

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
570.95	33.05	69.26	19.91	4.62	77.91	1576.30	6.96

CPF Ratio: 47-22-30

Dinner

HAMBURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

RED BEANS AND RICE

.67 serving (79.4g)

SPINACH

1.5 servings (170.1g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

PEARS

1 serving (113.4g)

WAX BEANS

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0.4	0	0	0	3.94	1.4	0	0	0	0.57	6.48

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
777.25	33.20	110.24	24.72	7.90	43.20	1287.59	18.66

CPF Ratio: 55-17-28

A-1 Wednesday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.18	3.3	0	0	4	4.38	3.91	0	0	0	4.42	15.63

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2435.79	105.11	360.36	65.75	12.93	265.07	3904.18	38.34

CPF Ratio: 59-17-24

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

APPLESAUCE

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

COUNTRY GRAVY

.67 serving (36.2g)

TEXAS TOAST

2 servings (66.0g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

2 servings (20.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
0	0	0	0	0	0	1.44	0	0	0	0	2.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
636.50	23.51	122.68	4.76	0.54	0.00	1045.24	3.37

CPF Ratio: 78-15-7

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

BAKED BEANS

1 servings (115.6g)

SPINACH

1.5 servings (170.1g)

FLAVORED DRINK

1 serving (240.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

MUSTARD

1 serving (11.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

FRANKS

2 servings (0.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.69	0	0	0	4	1.93	1.24	0	0	0	0.28	7.17

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
1010.66	48.46	124.76	36.82	8.64	222.90	1474.94	23.62

CPF Ratio: 49-19-32

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

CHILI CON CARNE

1 serving (403.3g)

STEAMED RICE

1 servings (113.9g)

TOSSED SALAD

1 serving (87.3g)

FRENCH DRESSING

1 serving (25.0g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.48	3.3	0	0	0	2.46	1.24	0	0	0	4.14	6.28

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
788.63	33.13	112.91	24.17	3.75	42.16	1384.00	11.35

CPF Ratio: 56-17-27

A-1 Thursday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.51	0	2.86	4.68	0	6.52	2.18	0	0	0	13.14	12.74

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2926.87	116.21	386.90	108.83	27.05	647.54	5335.99	36.05

CPF Ratio: 52-16-33

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

APPLE (FRESH)

1 serving (138.0g)

OATMEAL

1 servings (238.4g)

SCRAMBLED EGGS

.67 serving (136.8g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

MILK

1 serving (0.0g)

COFFEE

1 serving (226.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	2.69	0	0	1.2	0	0	0	0	5.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
911.75	33.96	155.32	18.01	5.10	590.80	607.79	8.70

CPF Ratio: 68-15-18

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

VEGETABLE SOUP

1 serving (116.8g)

PEANUT BUTTER

2 servings (113.4g)

WHEAT BREAD

2 servings (100.0g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

PINEAPPLE CHUNKS

1 serving (113.4g)

MILK

1 serving (0.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.37	0	2.86	0	0	3.72	0.98	0	0	0	11.64	0.68

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1197.73	49.48	121.77	63.22	12.91	0.27	2238.78	18.66

CPF Ratio: 39-16-45

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

MAC, CHEESE, AND BEEF

1 serving (147.9g)

STEWED TOMATOES

1 serving (154.6g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1.5 servings (181.5g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

JELL-O

1 serving (90.7g)

FLAVORED DRINK

1 serving (240.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.21	0	0	1.99	0	2.8	0	0	0	0	1.5	6.88

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
817.39	32.77	109.81	27.60	9.04	56.47	2489.42	8.70

CPF Ratio: 54-16-30

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

A-1 Friday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.77	2.32	0	2.17	2	3.89	4.03	0.04	0	0	5.81	15.41

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2059.57	77.72	303.92	66.55	11.78	213.54	2796.80	27.39

CPF Ratio: 57-15-28

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

PEARS

1 serving (113.4g)

TOTAL

1 serving (30.0g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

SYRUP

1 serving (28.3g)

MARGARINE

1 serving (9.4g)

MILK

1 serving (0.0g)

SUGAR

2 servings (20.0g)

COFFEE

1 serving (226.8g)

FRENCH TOAST

.5 serving (30.2g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.22	0	0	2.17	0	0	1.4	0.04	0	0	1.5	2.82

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
823.00	27.91	123.00	25.13	5.55	133.44	1098.28	6.20

CPF Ratio: 59-13-27

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

CHICKEN PATTY

1 serving (0.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

MAYONNAISE

1 serving (18.0g)

LETTUCE LEAF

1 serving (2.6g)

TOMATO (SLICED)

1 serving (27.0g)

CUCUMBER SALAD

2 servings (210.7g)

TROPICAL FRUIT MIX

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	0	2	1.52	1.24	0	0	0	2.75	6.59

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
670.93	22.04	88.06	29.41	5.19	70.00	677.00	8.84

CPF Ratio: 50-13-38

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

BAKED FISH FILLET

1 serving (85.1g)

WHEAT BREAD

1 serving (50.0g)

RED BEANS AND RICE

.67 serving (79.4g)

COLLARD GREENS

1.5 servings (170.1g)

TARTAR SAUCE

1 serving (20.0g)

FLAVORED DRINK

1 serving (240.0g)

PEARS

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.17	2.32	0	0	0	2.37	1.4	0	0	0	1.57	6.01

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
565.63	27.77	92.86	12.02	1.04	10.11	1021.52	12.35

CPF Ratio: 63-19-18

A-1 Saturday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFH	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.81	0	4.21	0	0	5.36	2.6	0	0.01	0	8.02	20.39

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2191.62	73.53	350.99	60.59	11.45	132.35	3428.17	29.34

CPF Ratio: 63-13-24

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

APPLE (FRESH)

1 serving (138.0g)

GRITS

1 servings (34.0g)

TURKEY HAM

1 serving (28.4g)

JELLY

2 servings (56.7g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

2 servings (20.0g)

WHEAT BREAD

1 serving (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.85	0	0	0	0	0	1.2	0	0	0	0.91	3.8

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
694.84	20.36	137.69	8.43	1.80	18.14	729.66	7.39

CPF Ratio: 78-12-11

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

TURKEY BURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

WAX BEANS

1 serving (113.4g)

PEARS

1 serving (113.4g)

TOSSED SALAD

1 serving (87.3g)

FRENCH DRESSING

1 serving (25.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	3.07	0	0	1.97	1.4	0	0	0	2.54	6.47

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
581.07	27.67	71.43	22.26	4.21	89.59	920.01	10.82

CPF Ratio: 48-19-34

Dinner

YELLOW CAKE/ ICING

1 serving (70.9g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

ITALIAN DRESSING

1 serving (23.5g)

TOSSED SALAD

1 serving (87.3g)

SPINACH

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

SPAGHETTI NOODLES

.6 serving (42.2g)

MEAT SAUCE

.5 serving (138.2g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.58	0	1.14	0	0	3.38	0	0	0.01	0	4.58	10.11

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
915.71	25.51	141.87	29.91	5.44	24.62	1778.49	11.13

CPF Ratio: 60-11-29

A-1 Sunday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.11	1.83	0	0.89	0	2.96	4.36	0.68	0.04	0	11.19	20.74

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3005.15	89.77	442.89	102.22	25.21	317.68	3960.34	27.74

CPF Ratio: 58-12-30

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

HOT SPICED APPLES

1 serving (181.4g)

CHEERIOS

1 serving (30.0g)

HOT CAKES

1 serving (158.8g)

MARGARINE

1 serving (9.4g)

SYRUP

1 serving (28.3g)

SUGAR

4 servings (40.0g)

MILK

1 serving (0.0g)

COFFEE

1 serving (226.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.82	0	0	0.89	0	0	1.89	0	0	0	2.63	6.99

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1155.24	28.49	216.08	21.55	4.11	195.96	575.54	9.14

CPF Ratio: 74-10-17

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

CORN CHOWDER

1 serving (209.7g)

TURKEY SALAD

.67 serving (128.2g)

TOSSED SALAD

1 serving (87.3g)

FRENCH DRESSING

1 serving (25.0g)

WHEAT BREAD

1 servings (50.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.43	1.83	0	0	0	1.46	1.24	0.68	0	0	6.41	6.11

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
768.60	30.79	88.48	34.64	5.22	40.40	2555.38	7.23

CPF Ratio: 45-16-40

Dinner

FLAVORED DRINK

1 serving (240.0g)

GREEN BEANS (CANNED)
RINSED AND DRAINED
1.5 servings (181.5g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

CUT SWEET POTATOES

1 servings (305.3g)

BBQ BEEF RIBS

1 serving (136.8g)

TROPICAL FRUIT MIX

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.86	0	0	0	0	1.5	1.24	0	0.04	0	2.14	7.64

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1081.31	30.49	138.33	46.03	15.88	81.32	829.42	11.37

CPF Ratio: 51-11-38

A-2 Monday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.47	0	3.07	2.69	0	4.89	2.64	0	0	0	6.32	18.98

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2364.68	87.71	384.10	59.97	12.79	683.39	4366.59	31.86

CPF Ratio: 63-14-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

TROPICAL FRUIT MIX

1 serving (113.4g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TOTAL

1 serving (30.0g)

JELLY

2 servings (56.7g)

SUGAR

4 servings (40.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

HASH BROWN PATTY

.5 serving (63.8g)

WHEAT BREAD

1 serving (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.48	0	0	2.69	0	0	1.24	0	0	0	1.59	5.09

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1070.89	34.76	180.17	24.76	5.83	590.80	1017.58	8.42

CPF Ratio: 67-13-21

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

TOMATO SOUP

2 servings (226.8g)

TURKEY BURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

KETCHUP

1 serving (28.3g)

PEARS

1 serving (113.4g)

LETTUCE LEAF

1 serving (2.6g)

TOMATO (SLICED)

1 serving (27.0g)

ITALIAN DRESSING

1 serving (23.5g)

TOSSED SALAD

1 serving (87.3g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.28	0	3.07	0	0	3.12	1.4	0	0	0	2.42	6.47

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
643.13	30.12	96.22	19.10	4.49	89.59	2339.04	11.12

CPF Ratio: 57-18-25

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

CORN

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

SPICY CARIBBEAN RICE

.75 serving (150.0g)

COLLARD GREENS

1.5 servings (170.1g)

WHEAT BREAD

1 serving (50.0g)

FLAVORED DRINK

1 serving (240.0g)

CHOCOLATE PUDDING

1 serving (100.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.71	0	0	0	0	1.77	0	0	0	0	2.3	7.42

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
650.66	22.83	107.71	16.11	2.48	3.00	1009.97	12.32

CPF Ratio: 65-14-22

A-2 Tuesday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
9.85	0	0	2.17	2	4.79	4.76	0.04	0	0	4.88	22.33

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2721.49	86.45	456.32	67.05	13.83	246.34	3629.87	44.79

CPF Ratio: 66-12-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

HOT SPICED APPLES

1 serving (181.4g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

OATMEAL

1 servings (238.4g)

FRENCH TOAST

.5 serving (30.2g)

SYRUP

2 servings (56.7g)

SUGAR

2 servings (20.0g)

MARGARINE

1 serving (9.4g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.31	0	0	2.17	0	0	1.89	0.04	0	0	1.5	7.38

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1057.61	29.67	176.58	26.86	5.89	133.44	937.38	6.49

CPF Ratio: 66-11-23

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

BAKED BEANS

1 servings (115.6g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

APPLESAUCE

1 serving (113.4g)

FRANKS

1 serving (0.0g)

BUN (HOT DOG/HAMBURGER)

2 servings (113.4g)

MUSTARD

1 serving (11.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.07	0	0	0	2	3.42	1.44	0	0	0	1.78	8.06

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
1018.62	38.52	160.03	29.51	6.06	112.90	1498.10	28.59

CPF Ratio: 60-15-25

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

STEAMED RICE

1 serving (113.9g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

SWEET & SOUR

1 serving (46.0g)

WAX BEANS

1 serving (113.4g)

APPLESAUCE

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.46	0	0	0	0	1.37	1.44	0	0	0	1.61	6.89

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
645.25	18.25	119.70	10.68	1.88	0.00	1194.39	9.71

CPF Ratio: 74-11-15

A-2 Wednesday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.91	1.71	2.86	0	0	8.72	2.38	0.82	0	0	13.83	22.48

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2882.51	104.12	457.50	80.43	16.34	54.23	4857.33	34.62

CPF Ratio: 62-14-24

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

GRITS

1 servings (34.0g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

TURKEY HAM

1 serving (28.4g)

WHEAT BREAD

1 servings (50.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.85	0	0	0	0	0	0.98	0	0	0	0.91	4.48

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
682.05	20.41	133.88	8.33	1.78	18.14	729.42	4.98

CPF Ratio: 77-12-11

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

PEANUT BUTTER

2 servings (113.4g)

MILK

1 serving (0.0g)

JELLY

4 servings (113.4g)

PEARS

1 serving (113.4g)

CREAM OF POTATO SOUP

1 serving (392.6g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 servings (50.0g)

PICKLED BEETS

1.5 servings (190.5g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.84	0	2.86	0	0	5.04	1.4	0.82	0	0	11.43	11.02

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1527.16	51.96	210.74	59.87	12.39	4.47	2871.87	17.01

CPF Ratio: 53-13-34

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

CHILI MAC

.75 serving (308.8g)

CORN

1 serving (113.4g)

SPINACH

1.5 servings (170.1g)

JELL-O

1 serving (90.7g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 servings (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.23	1.71	0	0	0	3.69	0	0	0	0	1.5	6.98

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
673.31	31.75	112.87	12.24	2.17	31.62	1256.05	12.63

CPF Ratio: 66-18-16

A-2 Thursday Women's Regular Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.51	0	2.86	4.68	0	6.52	2.18	0	0	0	13.14	12.74

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2926.87	116.21	386.90	108.83	27.05	647.54	5335.99	36.05

CPF Ratio: 52-16-33

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

APPLE (FRESH)

1 serving (138.0g)

OATMEAL

1 servings (238.4g)

SCRAMBLED EGGS

.67 serving (136.8g)

WHEAT BREAD

1 serving (50.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

MILK

1 serving (0.0g)

COFFEE

1 serving (226.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	2.69	0	0	1.2	0	0	0	0	5.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
911.75	33.96	155.32	18.01	5.10	590.80	607.79	8.70

CPF Ratio: 68-15-18

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

VEGETABLE SOUP

1 serving (116.8g)

PEANUT BUTTER

2 servings (113.4g)

WHEAT BREAD

2 servings (100.0g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

PINEAPPLE CHUNKS

1 serving (113.4g)

MILK

1 serving (0.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.37	0	2.86	0	0	3.72	0.98	0	0	0	11.64	0.68

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1197.73	49.48	121.77	63.22	12.91	0.27	2238.78	18.66

CPF Ratio: 39-16-45

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

MAC, CHEESE, AND BEEF

1 serving (147.9g)

STEWED TOMATOES

1 serving (154.6g)

GREEN BEANS (CANNED)
RINSED AND DRAINED
1.5 servings (181.5g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

JELL-O

1 serving (90.7g)

FLAVORED DRINK

1 serving (240.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.21	0	0	1.99	0	2.8	0	0	0	0	1.5	6.88

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
817.39	32.77	109.81	27.60	9.04	56.47	2489.42	8.70

CPF Ratio: 54-16-30

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

A-2 Friday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.37	1.93	0	1.1	2	5.83	2.38	0.21	0	0	9.96	19.49

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2870.20	96.75	446.68	78.68	12.62	331.06	3655.85	36.49

CPF Ratio: 62-13-25

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

PINEAPPLE CHUNKS

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

HOT CAKES

1 servings (158.8g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

4 servings (40.0g)

SYRUP

1 serving (28.3g)

MARGARINE

1 serving (9.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.44	0	0	0.89	0	0	0.98	0	0	0	2.63	5.58

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1031.22	27.01	180.41	19.97	3.55	195.96	483.13	4.25

CPF Ratio: 71-11-18

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

CHICKEN PATTY

1 serving (0.0g)

GREEN BEANS (CANNED)
RINSED AND DRAINED
1.5 servings (181.5g)

PEARS

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

MAYONNAISE

1 serving (18.0g)

WHEAT BREAD

1 serving (50.0g)

RICE PILAF

.67 serving (57.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.46	0	0	0	2	2.29	1.4	0	0	0	3.56	6.03

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
869.46	25.76	116.02	34.91	6.27	70.36	1852.44	12.50

CPF Ratio: 53-12-36

Dinner

BAKED FISH FILLET

1 serving (85.1g)

PINTO BEANS

1 servings (101.7g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

TARTAR SAUCE

1 serving (20.0g)

FLAVORED DRINK

1 serving (240.0g)

VANILLA PUDDING

1 serving (113.0g)

CORN BREAD

1 serving (143.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.47	1.93	0	0.21	0	3.53	0	0.21	0	0	3.77	7.88

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
969.52	43.98	150.25	23.80	2.79	64.74	1320.27	19.74

CPF Ratio: 61-18-22

A-2 Saturday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.01	7.23	3.07	2.69	0	5.41	2.64	0	0	0	3.21	21.55

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2409.31	114.54	360.10	58.53	14.85	794.20	4063.26	26.67

CPF Ratio: 59-19-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

APPLE (FRESH)

1 serving (138.0g)

OATMEAL

1 servings (238.4g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

WHEAT BREAD

1 serving (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	2.69	0	0	1.2	0	0	0	0	5.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
911.75	33.96	155.32	18.01	5.10	590.80	607.79	8.70

CPF Ratio: 68-15-18

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

VEGETABLE SOUP

1 serving (116.8g)

TURKEY BURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

APPLESAUCE

1 serving (113.4g)

LETTUCE LEAF

3 servings (7.8g)

TOMATO (SLICED)

3 servings (81.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.51	0	3.07	0	0	1.68	1.44	0	0	0	0.21	7.37

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
490.13	27.93	72.54	12.56	3.10	89.86	1636.82	7.98

CPF Ratio: 56-22-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

PEPPER STEAK

1 serving (264.5g)

STEAMED RICE

1 servings (113.9g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

GLAZED SPICE CAKE

1 serving (61.8g)

WAX BEANS

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.57	7.23	0	0	0	3.73	0	0	0	0	3	9.01

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
1007.43	52.64	132.25	27.96	6.65	113.54	1818.65	10.00

CPF Ratio: 53-21-25

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

A-2 Sunday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.6	0	2.46	2.17	3.5	3.18	3.78	0.04	0	0	5.75	19.58

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2627.01	93.14	353.71	96.79	27.33	277.36	3703.53	23.32

CPF Ratio: 53-14-33

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

FRENCH TOAST

.5 serving (30.2g)

MARGARINE

1 serving (9.4g)

SYRUP

1 serving (28.3g)

SUGAR

4 servings (40.0g)

HOT SPICED APPLES

1 serving (181.4g)

CHEERIOS

1 serving (30.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	2.17	0	0	1.89	0.04	0	0	1.5	6.19

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
992.27	28.87	161.79	26.92	5.95	133.44	1119.46	7.19

CPF Ratio: 64-11-24

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

STEAK ROLL

1 serving (71.0g)

KETCHUP

1 serving (28.3g)

CHEESE STEAK

1 serving (127.6g)

GREEN LEAF SALAD

1 serving (226.8g)

POTATO WEDGES

1 servings (113.4g)

MAYONNAISE

1 serving (18.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.7	0	0	0	3.5	1.36	0.98	0	0	0	2.75	7.15

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1033.57	34.97	107.63	53.84	17.93	87.74	1594.57	7.53

CPF Ratio: 41-13-46

Dinner

TURKEY & GRAVY

1 serving (105.9g)

MASHED POTATOES

1 servings (168.9g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1.5 servings (181.5g)

PEACHES

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.52	0	2.46	0	0	1.82	0.91	0	0	0	1.5	6.24

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
601.17	29.30	84.30	16.03	3.45	56.18	989.51	8.59

CPF Ratio: 56-20-24

A-3 Monday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10	5.23	0	2.69	0	7.62	2.15	0	0	0	3.24	17.27

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2066.95	94.28	328.30	43.05	8.58	659.87	3431.62	29.60

CPF Ratio: 63-18-19

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

SUGAR

2 servings (20.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

JELLY

1 serving (28.3g)

WHEAT BREAD

1 serving (50.0g)

OATMEAL

1 servings (238.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	2.69	0	0	1.24	0	0	0	0	3.92

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
838.94	34.49	135.02	17.76	5.06	590.80	607.20	6.03

CPF Ratio: 64-16-19

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

VEGETABLE SOUP

1 serving (116.8g)

BAKED FISH FILLET

1 serving (85.1g)

NOODLES

1 serving (52.6g)

PEACHES

1 serving (113.4g)

TARTAR SAUCE

1 serving (20.0g)

WHEAT BREAD

1 serving (50.0g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.59	1.93	0	0	0	3.72	0.91	0	0	0	1.64	6.23

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
535.47	25.46	84.98	12.54	1.22	26.90	1577.33	10.27

CPF Ratio: 61-18-20

Dinner

CHILI CON CARNE

1 serving (403.3g)

STEAMED RICE

1 servings (113.9g)

JELL-O

1 serving (90.7g)

MARGARINE

1 serving (9.4g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

WAX BEANS

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.48	3.3	0	0	0	3.9	0	0	0	0	1.61	7.12

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
692.54	34.33	108.31	12.75	2.30	42.16	1247.09	13.30

CPF Ratio: 63-20-17

A-3 Tuesday Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.6	2.12	0	0.89	2	5.6	2.42	0	0	0	9.86	20.42

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2850.26	99.34	435.79	79.43	13.72	304.96	3468.33	35.73

CPF Ratio: 61-14-25

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

PINEAPPLE CHUNKS

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

HOT CAKES

1 serving (158.8g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

MARGARINE

1 serving (9.4g)

SYRUP

2 servings (56.7g)

SUGAR

2 servings (20.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.44	0	0	0.89	0	0	0.98	0	0	0	2.63	5.4

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1020.16	27.01	177.84	19.97	3.55	195.96	506.38	4.45

CPF Ratio: 71-11-18

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

APPLESAUCE

1 serving (113.4g)

ZESTY BEAN SOUP

1 serving (197.0g)

WHEAT BREAD

1 servings (50.0g)

TURKEY SALAD

.67 serving (128.2g)

CUCUMBER SALAD

2 servings (210.7g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.67	2.12	0	0	0	3.2	1.44	0	0	0	3.41	7.61

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
929.95	43.17	145.51	21.87	3.42	36.00	1439.51	22.14

CPF Ratio: 61-18-21

Dinner

CHICKEN PATTY

1 serving (0.0g)

MAYONNAISE

1 serving (18.0g)

FLAVORED DRINK

1 serving (240.0g)

CHOCOLATE PUDDING

1 serving (100.1g)

PARSLIED SLICED POTATOES

.67 serving (34.9g)

WHEAT BREAD

2 servings (100.0g)

Beets

1.5 servings (184.5g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.48	0	0	0	2	2.4	0	0	0	0	3.83	7.42

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
900.15	29.16	112.43	37.59	6.74	73.00	1522.44	9.14

CPF Ratio: 50-13-37

A-3 Wednesday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
9.12	6.67	0	0	2	3.7	3.55	0	0	0	1.97	15.65

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2084.80	105.28	321.98	45.36	10.40	219.64	3112.16	36.44

CPF Ratio: 61-20-19

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PEACHES

1 serving (113.4g)

SUGAR

4 servings (40.0g)

TOTAL

1 serving (30.0g)

COUNTRY GRAVY

.67 serving (36.2g)

WHEAT BREAD

1.5 servings (75.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.65	0	0	0	0	0	0.91	0	0	0	0	2.81

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
724.79	24.80	145.72	6.35	1.34	0.00	1195.18	7.87

CPF Ratio: 79-13-8

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

PEARS

1 serving (113.4g)

FLAVORED DRINK

1 serving (240.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

MUSTARD

1 serving (11.0g)

FRANKS

1 serving (0.0g)

BAKED BEANS

.67 serving (77.5g)

COLLARD GREENS

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	0	2	2.2	1.4	0	0	0	0.19	6.83

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
706.33	30.92	106.58	20.11	4.52	111.95	954.88	21.80

CPF Ratio: 58-17-25

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

FLAVORED DRINK

1 serving (240.0g)

GRAVY

1 serving (70.9g)

NOODLES

.67 serving (35.2g)

TROPICAL FRUIT MIX

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

SWISS STEAK

1 serving (113.4g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1.5 servings (181.5g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.54	6.67	0	0	0	1.5	1.24	0	0	0	1.78	6.01

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
653.68	49.56	69.68	18.89	4.55	107.70	962.10	6.77

CPF Ratio: 43-31-26

A-3 Thursday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
12.12	0	2.86	2.69	0	3.77	2.64	0	0	0	13.09	14.17

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2954.83	118.67	419.46	96.08	21.26	657.36	4259.55	40.28

CPF Ratio: 56-16-29

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

APPLE (FRESH)

1 serving (138.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

OATMEAL

1 servings (238.4g)

SUGAR

2 servings (20.0g)

JELLY

1 serving (28.3g)

WHEAT BREAD

1 servings (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	2.69	0	0	1.2	0	0	0	0	3.92

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
836.34	33.92	135.49	18.00	5.10	590.80	599.29	8.41

CPF Ratio: 65-16-19

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

NAVY BEAN SOUP

1 serving (72.7g)

PEANUT BUTTER

2 servings (113.4g)

JELLY

2 servings (56.7g)

MILK

1 serving (0.0g)

APPLESAUCE

1 serving (113.4g)

CELERY STICKS

1.5 servings (90.0g)

WHEAT BREAD

2 servings (100.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.81	0	2.86	0	0	1.91	1.44	0	0	0	11.43	3.41

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
1459.03	58.68	180.92	62.83	12.91	6.08	2210.37	25.70

CPF Ratio: 47-15-37

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

FLAVORED DRINK

1 serving (240.0g)

STEAMED RICE

1.5 servings (170.9g)

MARGARINE

1 serving (9.4g)

TURKEY HAM STEAK

1 serving (84.0g)

WHEAT BREAD

1 servings (50.0g)

CARROTS (COOKED, STICKS, RAW)

A-3 Friday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
11.53	2.52	0	0.89	0	5.33	2.22	0	0	0	4.47	18.84

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2641.76	95.63	478.36	44.20	6.19	206.23	4114.23	34.24

CPF Ratio: 71-14-15

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

HOT CAKES

1 serving (158.8g)

SUGAR

4 servings (40.0g)

SYRUP

2 servings (56.7g)

MARGARINE

1 serving (9.4g)

CHEERIOS

1 serving (30.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.82	0	0	0.89	0	0	0.98	0	0	0	2.63	6.69

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1118.26	28.56	208.04	20.74	3.91	195.96	594.68	7.02

CPF Ratio: 73-10-16

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

STEAK ROLL

1 serving (71.0g)

MUSTARD

1 serving (11.0g)

RED BEANS AND RICE

1 servings (118.5g)

HOT (SPICY) SAUSAGE

GLOBAL FOOD

1 serving (200.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

Beets

1.5 servings (184.5g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.32	0.59	0	0	0	3.29	1.24	0	0	0	0.84	6.14

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
832.88	27.37	157.13	10.42	1.26	0.16	2363.10	7.83

CPF Ratio: 76-13-11

Dinner

FLAVORED DRINK

1 serving (240.0g)

BAKED FISH FILLET

1 serving (85.1g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

PINTO BEANS

1 servings (101.7g)

SPINACH

1.5 servings (170.1g)

TARTAR SAUCE

1 serving (20.0g)

LEMON PUDDING

1 serving (128.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.39	1.93	0	0	0	2.04	0	0	0	0	1	6.01

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
690.62	39.71	113.19	13.04	1.01	10.11	1156.45	19.38

CPF Ratio: 62-22-16

A-3 Saturday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.62	0	1.47	6.69	0	4.52	3.6	0.1	0	0	16.05	19.44

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
3013.03	106.17	347.01	134.83	28.36	798.94	4395.76	21.88

CPF Ratio: 46-14-40

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

HOT SLICED APPLES

1 serving (168.6g)

FARINA

1 servings (230.4g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

WHEAT BREAD

1 serving (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.54	0	0	2.69	0	0	1.89	0	0	0	1.09	5.98

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
942.76	31.72	154.54	22.46	5.99	590.80	672.04	5.96

CPF Ratio: 65-13-21

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

PEARS

1 serving (113.4g)

STEAK ROLL

1 serving (71.0g)

FLAVORED DRINK

1 serving (240.0g)

MAYONNAISE

2 servings (36.0g)

MACARONI SALAD

1 serving (116.4g)

HOT PEPPER/PICKLES/ONIONS

1 serving (85.0g)

LETTUCE LEAF

3 servings (7.8g)

TOMATO (SLICED)

3 servings (81.0g)

CHEESE

1 serving (56.0g)

BOLOGNA

2 servings (0.0g)

TURKEY HAM

2 servings (56.7g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.68	0	0	4	0	2.14	1.4	0	0	0	12.11	6.4

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber
1503.79	51.67	120.31	91.60	18.36	165.89	2877.86	7.65

CPF Ratio: 32-14-55

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

FLAVORED DRINK

1 serving (240.0g)

TURKEY CASSEROLE

.75 serving (276.2g)

CHERRY JELLO WITH PINEAPPLE

1 serving (121.7g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1.5 servings (181.5g)

MARGARINE

1 serving (9.4g)

WHEAT BREAD

1 serving (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.4	0	1.47	0	0	2.38	0.31	0.1	0	0	2.85	7.06

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
566.47	22.78	72.16	20.77	4.01	42.25	845.85	8.28

CPF Ratio: 51-16-33

A-3 Sunday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
7.01	0	0	2.17	0	5.41	2.11	0.04	0	0	4.39	20.91

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2458.64	79.36	401.51	66.72	16.45	177.66	3216.32	34.43

CPF Ratio: 64-13-24

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

APPLE (FRESH)

1 serving (138.0g)

TOTAL

1 serving (30.0g)

FRENCH TOAST

.5 serving (30.2g)

SYRUP

2 servings (56.7g)

MARGARINE

1 serving (9.4g)

SUGAR

4 servings (40.0g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.22	0	0	2.17	0	0	1.2	0.04	0	0	1.5	5.21

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
954.59	28.00	157.85	25.16	5.58	133.44	1117.24	6.65

CPF Ratio: 65-12-23

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

HAMBURGER

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

PEACHES

1 serving (113.4g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

LETTUCE

1 serving (56.7g)

TOMATO (SLICED)

2 servings (54.0g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

POTATO WEDGES

1 servings (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.08	0	0	0	0	3.63	0.91	0	0	0	0	6.7

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
729.65	28.74	109.43	23.74	8.03	43.09	844.11	15.09

CPF Ratio: 57-15-28

Dinner

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

CORN

1 serving (113.4g)

WHEAT BREAD

1 serving (50.0g)

GLAZED SPICE CAKE

1 serving (61.8g)

FRIED RICE

GLOBAL FOOD

.75 serving (150.0g)

COLLARD GREENS

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.71	0	0	0	0	1.77	0	0	0	0	2.89	9

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
774.41	22.63	134.24	17.83	2.84	1.13	1254.97	12.69

CPF Ratio: 68-11-20

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

A-4 Monday Regular Women's Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
11.58	0	2.27	2.69	2	7.34	3.62	0	0.03	0	9.14	20.25

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2926.76	107.30	430.21	96.05	19.46	750.84	4089.31	50.52

CPF Ratio: 57-14-29

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

OATMEAL

1 servings (238.4g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

WHEAT BREAD

1 servings (50.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.93	0	0	2.69	0	0	1.24	0	0	0	0	5.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
914.35	34.53	154.85	17.77	5.06	590.80	615.71	6.31

CPF Ratio: 68-15-17

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

BAKED BEANS

1 servings (115.6g)

COLE SLAW

1 servings (154.3g)

PINEAPPLE CHUNKS

1 serving (113.4g)

BUN (HOT DOG/HAMBURGER)

2 servings (113.4g)

MUSTARD

1 serving (11.0g)

FRANKS

1 serving (0.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.07	0	0	0	2	1.61	0.98	0	0.03	0	6.12	8.14

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber*
1164.24	38.81	147.30	51.54	8.96	113.45	1497.32	25.78

CPF Ratio: 49-13-38

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

SPAGHETTI NOODLES

.6 servings (42.2g)

MEAT SAUCE

1 serving (276.5g)

ITALIAN DRESSING

1 serving (23.5g)

TOSSED SALAD

1 serving (87.3g)

FLAVORED DRINK

1 serving (240.0g)

WHEAT BREAD

1 serving (50.0g)

MARGARINE

1 serving (9.4g)

PEARS

1 serving (113.4g)

SPINACH

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.58	0	2.27	0	0	5.73	1.4	0	0	0	3.02	6.93

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
848.16	33.95	128.07	26.74	5.44	46.58	1976.28	18.42

CPF Ratio: 58-15-27

A-4 Tuesday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MF	HF	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
11.37	4.3	0	0.89	2	9.9	3.32	0	0	0	8.15	21.83

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2840.31	87.90	460.79	75.97	13.70	279.63	2893.49	31.30

CPF Ratio: 64-12-24

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

MILK

1 serving (0.0g)

COFFEE

1 serving (226.8g)

HOT SPICED APPLES

1 serving (181.4g)

HOT CAKES

1 serving (158.8g)

MARGARINE

1 serving (9.4g)

SYRUP

2 servings (56.7g)

SUGAR

4 servings (40.0g)

TOTAL

1 serving (30.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.66	0	0	0.89	0	0	1.89	0	0	0	2.63	8.1

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1208.07	27.60	233.81	20.50	3.91	195.96	577.19	8.49

CPF Ratio: 76-9-15

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

TUNA SALAD

.67 serving (151.8g)

APPLESAUCE

1 serving (113.4g)

WHEAT BREAD

2 servings (100.0g)

PICKLED BEETS

1.5 servings (190.5g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.24	4.3	0	0	0	8.4	1.44	0	0	0	3.92	6.89

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
911.21	35.00	126.47	31.00	4.94	13.68	1555.98	14.20

CPF Ratio: 55-15-30

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

FLAVORED DRINK

1 serving (240.0g)

STEAMED RICE

1 servings (113.9g)

GREEN BEANS (CANNED)
RINSED AND DRAINED
1.5 servings (181.5g)

JELL-O

1 serving (90.7g)

MARGARINE

1 serving (9.4g)

CHICKEN PATTY

1 serving (0.0g)

WHEAT BREAD

1 servings (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.46	0	0	0	2	1.5	0	0	0	0	1.61	6.84

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
721.03	25.29	100.50	24.48	4.85	70.00	760.32	8.60

CPF Ratio: 56-14-30

A-4 Wednesday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.38	6.67	0	0	0	5.29	3.13	0	0	0	3	15.51

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1923.42	88.70	315.61	33.10	6.97	98.31	3324.07	22.17

CPF Ratio: 66-19-16

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PEACHES

1 serving (113.4g)

WHEATIES

1 serving (24.8g)

SUGAR

4 servings (40.0g)

COUNTRY GRAVY

.67 serving (36.2g)

TEXAS TOAST

2 servings (66.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
0	0	0	0	0	0	0.91	0	0	0	0	2.81

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
682.59	23.31	133.82	4.56	0.51	0.00	1050.98	2.92

CPF Ratio: 80-14-6

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

SPINACH

1.5 servings (170.1g)

TROPICAL FRUIT MIX

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

SANTA FE MAC & CHEESE

.75 serving (22.7g)

FLAVORED DRINK

1 serving (240.0g)

WHITE BREAD

2 servings (56.7g)

STEWED TOMATOES

1.5 servings (231.9g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.98	0	0	0	0	3.24	1.24	0	0	0	1.5	6.01

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
497.18	14.07	89.11	11.30	2.15	1.75	1268.86	8.99

CPF Ratio: 69-11-20

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Dinner

FLAVORED DRINK

1 serving (240.0g)

GRAVY

1 serving (70.9g)

MASHED POTATOES

1.5 servings (253.3g)

MARGARINE

1 serving (9.4g)

WHEAT BREAD

1 serving (50.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

SWISS STEAK

1 serving (113.4g)

WAX BEANS

1.5 servings (170.1g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.4	6.67	0	0	0	2.05	0.98	0	0	0	1.5	6.69

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
743.66	51.33	92.69	17.24	4.30	96.55	1004.23	10.26

CPF Ratio: 51-28-21

A-4 Thursday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
5.95	1.83	0	2.17	0	5.42	2.6	0.04	0	0	8.25	18.45

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2182.30	73.30	335.67	65.58	11.51	177.15	2910.09	29.36

CPF Ratio: 60-13-27

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

APPLE (FRESH)

1 serving (138.0g)

FRENCH TOAST

.5 serving (30.2g)

SUGAR

4 servings (40.0g)

SYRUP

1 serving (28.3g)

TURKEY SAUSAGE LINK

1 serving (42.0g)

CHEERIOS

1 serving (30.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.38	0	0	2.17	0	0	1.2	0.04	0	0	0	4.11

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
834.16	28.80	140.04	18.64	4.54	133.44	1026.95	7.29

CPF Ratio: 66-14-20

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

PEARS

1 serving (113.4g)

TURKEY SALAD

.67 serving (128.2g)

WHEAT BREAD

1 servings (50.0g)

CUCUMBER SALAD

2 servings (210.7g)

TOSSED SALAD

1 serving (87.3g)

FRENCH DRESSING

1 serving (25.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
1.62	1.83	0	0	0	2.63	1.4	0	0	0	5.95	6.7

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
681.80	21.67	82.90	31.69	4.51	35.80	764.81	8.26

CPF Ratio: 47-12-41

Dinner

FLAVORED DRINK

1 serving (240.0g)

PEAS

1 serving (113.4g)

MARGARINE

1 serving (9.4g)

VANILLA PUDDING

1 serving (113.0g)

WHEAT BREAD

1 serving (50.0g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

BEEF FLAVORED FRIED RICE

GLOBAL FOOD
.75 serving (150.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.95	0	0	0	0	2.79	0	0	0	0	2.3	7.65

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
666.34	22.83	112.74	15.24	2.47	7.91	1118.33	13.81

CPF Ratio: 66-13-20

A-4 Friday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
8.41	1.93	0	2.9	0	2.56	2.42	0.21	0	0	6	19.83

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
2284.92	87.90	336.36	70.87	16.63	707.28	2852.05	20.71

CPF Ratio: 58-15-27

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PINEAPPLE CHUNKS

1 serving (113.4g)

JELLY

2 servings (56.7g)

SUGAR

2 servings (20.0g)

SCRAMBLED EGGS

.67 serving (136.8g)

FARINA

1 servings (230.4g)

WHEAT BREAD

1 servings (50.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.54	0	0	2.69	0	0	0.98	0	0	0	1.09	5.39

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
888.78	31.82	141.63	21.77	5.86	590.80	668.12	4.00

CPF Ratio: 64-14-22

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

APPLESAUCE

1 serving (113.4g)

ITALIAN DRESSING

1 serving (23.5g)

KETCHUP

1 serving (28.3g)

FLAVORED DRINK

1 serving (240.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

TOSSED SALAD

1 serving (87.3g)

CORN

1 serving (113.4g)

HAMBURGER

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.47	0	0	0	0	0.61	1.44	0	0	0	1.52	7.36

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
701.60	26.98	93.29	27.58	8.41	43.09	1052.30	10.87

CPF Ratio: 51-15-34

Dinner

FLAVORED DRINK

1 serving (240.0g)

TARTAR SAUCE

1 serving (20.0g)

BAKED FISH FILLET

1 serving (85.1g)

CORN BREAD

1 serving (143.8g)

STEWED TOMATOES

1.5 servings (231.9g)

JELL-O

1 serving (90.7g)

SPIRAL NOODLES

1 servings (52.6g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.4	1.93	0	0.21	0	1.95	0	0.21	0	0	3.4	7.08

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol*	Sodium	Fiber
694.54	29.10	101.44	21.53	2.36	73.38	1131.64	5.84

CPF Ratio: 57-16-27

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

A-4 Saturday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
10.35	0	4.5	0.89	0	5.7	2.31	0	0	0	16.57	22.18

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
3043.04	95.87	460.21	101.41	20.28	236.87	3658.22	37.78

CPF Ratio: 59-12-29

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

PEARS

1 serving (113.4g)

TOTAL

1 serving (30.0g)

SYRUP

2 servings (56.7g)

MARGARINE

1 serving (9.4g)

SUGAR

4 servings (40.0g)

HOT CAKES

1 serving (158.8g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
4.66	0	0	0.89	0	0	1.4	0	0	0	2.63	6.01

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol*	Sodium	Fiber*
1129.71	27.53	214.72	19.76	3.71	195.96	577.61	8.34

CPF Ratio: 75-10-16

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

FLAVORED DRINK

1 serving (240.0g)

PEACHES

1 serving (113.4g)

VEGETABLE SOUP

1 serving (116.8g)

CARROTS (COOKED, STICKS, RAW)

1.5 servings (170.1g)

PEANUT BUTTER

2 servings (113.4g)

JELLY

2 servings (56.7g)

WHEAT BREAD

2 servings (100.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.37	0	2.86	0	0	3.72	0.91	0	0	0	11.64	8.74

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1279.45	41.15	153.90	63.09	12.90	0.27	2146.30	19.23

CPF Ratio: 46-12-42

Dinner

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

CHOCOLATE PUDDING

1 serving (100.1g)

TURKEY & GRAVY

.67 serving (71.0g)

COLLARD GREENS

1.5 servings (170.1g)

WHEAT BREAD

1 serving (50.0g)

MASHED POTATOES

1 servings (168.9g)

Exchanges:

Starch	VLM	LM	MFm	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.31	0	1.65	0	0	1.98	0	0	0	0	2.3	7.43

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
633.88	27.18	91.59	18.56	3.66	40.65	934.31	10.21

CPF Ratio: 57-17-26

A-4 Sunday Women's Regular Menu Analysis Report

All Foods

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
6.43	0	0	0	2	2.97	4.32	0	0.04	0	13.98	17.12

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
2736.53	76.97	393.20	97.32	15.10	70.82	3815.15	33.97

CPF Ratio: 57-11-32

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Breakfast

APPLE (FRESH)

1 serving (138.0g)

WHEATIES

1 serving (24.8g)

COFFEE

1 serving (226.8g)

MILK

1 serving (0.0g)

SUGAR

4 servings (40.0g)

COUNTRY GRAVY

.67 serving (36.2g)

TEXAS TOAST

2 servings (66.0g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
0	0	0	0	0	0	1.2	0	0	0	0	2.58

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat*	Chol	Sodium	Fiber*
699.48	23.67	139.16	4.79	0.55	0.00	1043.22	5.32

CPF Ratio: 80-14-6

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.

Lunch

CHICKEN PATTY

1 serving (0.0g)

BUN (HOT DOG/HAMBURGER)

1 serving (56.7g)

SUCCOTASH

1 serving (157.6g)

COLE SLAW

1.5 servings (231.4g)

MAYONNAISE

1 serving (18.0g)

FLAVORED DRINK

1 serving (240.0g)

TROPICAL FRUIT MIX

1 serving (113.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
2.96	0	0	0	2	1.47	1.24	0	0.04	0	12.38	6.45

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
1229.99	28.78	112.69	79.61	12.50	70.82	1454.42	15.33

CPF Ratio: 35-9-56

Dinner

FLAVORED DRINK

1 serving (240.0g)

MARGARINE

1 serving (9.4g)

GREEN BEANS (CANNED)

RINSED AND DRAINED

1.5 servings (181.5g)

ALA KING

1.5 servings (64.5g)

STEAMED RICE

1 servings (113.9g)

WHEAT BREAD

1 serving (50.0g)

HOT SPICED APPLES

1 serving (181.4g)

Exchanges:

Starch	VLM	LM	MFM	HFM	Veg	Fru	S Milk	L Milk	W Milk	Fat	O Carbs
3.46	0	0	0	0	1.5	1.89	0	0	0	1.61	8.09

Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
807.06	24.53	141.35	12.92	2.06	0.00	1317.52	13.32

CPF Ratio: 73-13-15